

ROCKVILLE SENIOR CENTER

1150 CARNATION DRIVE • ROCKVILLE, MARYLAND 20850 • 240-314-8800

Senior Center Hours

The Rockville Senior Center is open to members and City residents ages 60 and over:

Monday-Friday	8:30 a.m. - 5:00 p.m.
Saturday	8:30 a.m. - 1:00 p.m.

Registration for all senior activities (except trips) starts . For trip registration procedure, see page 48.

Rockville's Senior Center is a multi-purpose center which provides a central location for many programs, activities and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center. **Center membership for residents is \$25/year and for nonresidents it is \$125/year (spouse \$65). Center with Fitness Membership is \$50/year for residents and \$150/year for non-residents (spouse \$90). For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019.**

Transportation: 240-314-8810

- **Rockville Call 'N Ride Service:** Taxi coupons may be purchased at a reduced rate based on income and family size.
 - **Buses:** Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
 - **Mall Shopping:** Call 240-314-8810 two days in advance to reserve a seat on the bus. Free
- Washingtonian Center:** 5/2
Lakeforest Mall: 4/18
Montgomery Mall: 6/20
Wheaton Plaza: 5/23

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

1. Discounts do not apply to the activities appearing in the senior section.
2. Discounts do not apply to trips.
3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
4. For more information, call 240-314-8800
5. Discounts are not available on



Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.01-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, Senior Center membership and emergency taxi coupons is available. You must meet age and income guidelines.

Meal Program: 240-314-8810

- **Daily Lunch Program:** Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.15. Reservations are required.
- **Carnation Supper Club:** Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations. The cost is \$6 and transportation is provided.

Suburban Hospital HeartWell Program



If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. The purpose of the program is to teach individuals how to manage their symptoms and reduce the frequency of hospital admissions. A registered nurse is currently at the Senior Center on Mondays, Wednesdays and Fridays. She will see individuals on a walk-in basis from 9 - 11 a.m. and will have appointments in the afternoon.

Senior Computers

All classes are held at the Rockville Senior Center unless otherwise noted.

Beginners Introduction to Computers

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Basic skills are taught in small classes at a pace to build confidence and encourage further learning. Note: Beginners are eligible to attend the Beginners' Practice Lab and receive further individual instruction every Friday morning from 9:30-11:30 a.m. Upon completion of this series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

Keyboard session: Mon., Apr. 11, 10-11:30 a.m.

Mouse session: Mon., Apr. 11, 12:30-2 p.m.

Word Processing session: Tues. & Thurs., Apr. 26 & 28,
10:30 a.m.-12 noon.

#15430 Mon, Tue & Thu Apr 11-28
\$5(M)/\$7(N) 10:00 am-12 noon

Keyboard session: Mon., May 9, 10-11:30 a.m.

Mouse session: Mon., May 9, 12:30-2 p.m.

Word Processing session: Tues. & Thurs., May 24 & 26,
10:30 a.m.-12 noon.

#15431 Mon, Tue & Thu May 9-26
\$5(M)/\$7(N) 10:00 am-12 noon

Keyboard session: Mon., Jun 13, 10-11:30 am.

Mouse session: Mon., Jun 13, 12:30-2 pm.

Word Processing session: Tues. & Thurs., Jun 28 & 30,
10:30 am-12 noon.

#15432 Mon, Tue & Thu Jun 13-30
\$5(M)/\$7(N) 10:00 am-12 noon

Clarify Computer Concepts

Now that you have completed the Beginners Introduction to Computers, learn what comes next. This class will reinforce what you were taught and demystify all the new concepts and terms that you have encountered. After this class you will be ready for Computer Essentials and the magic of the Internet, E-mail and much more.

#15456 Mon Apr 4
\$6(M)/\$8(N) 10:00 am-12 noon Conway

#15457 Mon May 2
\$6(M)/\$8(N) 10:00 am-12 noon Conway

Computer Essentials

Build the necessary foundation toward a better understanding of computer terms and uses. This class is the springboard to a thorough understanding of computer concepts and a prerequisite for all advanced classes. \$3 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts. Note: class meets April 5, 7, 12

Prerequisite: Clarify Computer Concepts

#15383 Tue & Thu

\$21(M)/\$25(N) 10:00 am-12 noon Bender

Computer Viruses & Spam E-mails

Discover which free of charge software will protect your computer against viruses and Spam E-mails. If you use High-Speed DSL/Cable connections, learn about the best free firewall software designed to block pop-up ads. Learn how to restrict kids' time on the Internet and more. Knowledge of computers NOT required.

#15418 Wed May 11

\$6(M)/\$8(N) 1:00 pm-3:00 pm Walker Jr.

Digital Photography Basics

Use your digital camera in automatic and other modes, examine digital resolution, photo composition, how metering systems operate, flash and proper usage of natural light. Homework assignments will reinforce topics covered in class and there will be corrective criticism at the beginning of each meeting. Bring a digital camera. You need to know how to use the camera. Note: classes will meet May 16, 18, 23, 25.

#15387 Mon & Wed May 16-15

\$45(M)/\$50(N) 10:00 am-12 noon Bender

E-mail

Learn how to set up an address book, how to send attachments, photographs, signatures and group mail. A discussion of Hotmail will be included. \$2 materials fee payable to instructor at class. Note: class meets April 18, 20, 25.

Prerequisite: Computer Essentials and Understanding Windows.

#15384 Mon & Wed

\$21(M)/\$25(N) 10:00 am-12 noon Bender

Find, Save & Use Help

Are you having trouble finding your documents after you've saved them? Is it hard to remember how to do something on your computer? Learn simple ways to create and name your own folders and documents.

#15468 Wed May 18
\$6(M)/\$8(N) 1:00 pm-3:00 pm Martin

How to Purchase & Use a Digital Camera

For the absolute beginner in digital photography, this class will introduce you to digital camera functions, transferring images to your computer and E-mailing photos.

#15382 Wed Apr 6
No fees 10:00 am-12 noon Bender

Internet

Get online via the Internet and get connected to the information age. Through Internet Explorer, discover how to use the Internet to find free software, health information, purchasing information, product and price comparisons and much more. Note: \$5 manual fee payable to instructor. Class meets June 7, 9, 14, 16.

Prerequisite: Computer Essentials and Understanding Windows.

#15386 Mon & Wed
\$28(M)/\$33(N) 10:00 am-12 noon Bender

Right Click - Left Click

Learn to use the right mouse button! Discover its many applications in word processing, copying pictures, file management and customizing your desktop. Many functions can be performed more easily if you know how to use both the left and right mouse buttons.

#15467 Tue & Thu Apr 12 & 14
\$6(M)/\$8(N) 1:00 pm-3:00 pm Martin

Simple Word Processing

Learn to use Notepad and WordPad, two relatively simple word processing programs. Typing skills are not needed.

Prerequisite: Beginners Intro to Computers plus a familiarity with basic word processing functions such as delete, backspace, cut and paste or Clarify Computer Concepts Class.

#15466 Tue & Thu Jun 14 & 16
\$6(M)/\$8(N) 1:00 pm-3:00 pm Martin

Photo Editing

What do you do after taking a picture? Learn how to correct composition, color quality, resolution, contrast, brightness, hue, content and the use of layers. Synchronize your monitor with your printer for perfect prints. Software used is Adobe Photo Deluxe. Bring sample photos on a floppy disk or a chip. Note: No class June 13. Classes held June 6, 8, 15, 20.

#15555 Mon & Wed Jun 6-20
\$45(M)/\$50(N) 1:00 pm-3:00 pm Bender

Spreadsheets - Excel

Spreadsheets are for organizing information and crunching numbers. A few simple formulas take care of the arithmetic for budgets, checking accounts, investment facts, retirement plans and all kinds of statistics. Class will be held April 14, 19 and 21.

#15469 Tue & Thu
\$21(M)/\$25(N) 10:00 am-12 noon Conway

Understanding Windows

This introduction will prepare you for all the computer programs you might use. Learn more about the menu bar, task bar, start button, shortcut keys, filing systems, icons and using Windows Explorer. Note: \$10 manual fee payable to instructor at class. Class meets May 3, 5, 10, 12, 17.

Prerequisite: Computer Essentials

#15385 Tue & Thu
\$35(M)/\$42(N) 10:00 am-12 noon

Spring Bazaar & Yard Sale

Sponsored by Rockville Seniors, Inc.

Saturday, May 21
9 a.m. - 1 p.m.

Rockville Senior Center

1150 Carnation Dr., Rockville, MD 20850

240-314-8800

Indoor • Air Conditioned

Refreshments • Bake Sale • Computer Sale

• Household Items

Thrift Shop • Gift Shop • Plant Sale

• Arts and Crafts

Senior Fitness & Sports

Registration deadline for all activities is one week prior to the start of the class unless otherwise noted. All classes will be held at the Rockville Senior Center unless otherwise noted.



A complete physical check up by your doctor is recommended before starting any new exercise program. If your blood pressure is not already on file at the Senior Center, please have it taken by the nurse or Wellness coordinator in the Health Room. Wear comfortable clothing and a flat, soft-soled shoe (preferably tennis shoes) for all exercise classes.

Afternoon Tone and Stretch

Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, as well as to relax. Participants will work with various fitness apparatus such as exercise tubes, weights, Swiss balls and mats.

No class 5/30. 9 weeks.

#15223 Mon & Wed Apr 11-Jun 13
\$34(M)/\$42(N) 1:00 pm-2:00 pm Cristiano

Arthritis Foundation's PACE

People with Arthritis Can Exercise (PACE), designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

9 weeks.

#15224 Thu Apr 14-Jun 9
\$22(M)/\$27(N) 1:00 pm-2:00 pm Cristiano

Backyard Badminton

Come out and learn to play or improve your game of badminton. Our instructor is a National Senior Olympic Gold Medalist. Take advantage of his expertise. All levels of play are welcome. The badminton program is located at Twinbrook Community Recreation Center.

Ongoing.

#15225 Fri Apr 1-Jul 15
No fees 8:45 am-9:45 am Shannon

Bocce Ball Club

Bocce is a game which is easy to learn and can be enjoyed at all levels. We have a great court and have formed a club. Anyone interested should attend this organizational meeting to discuss bocce ball, form teams, and arrange play times. We will adjourn to the court after the meeting. If you are interested in joining a team but cannot attend the meeting, see Joyce in the office or call 240-314-8822. Ongoing.

#15281 Tue & Thu Apr 26-Sep 6
No fees 10:00 am-11:00 am Galasso

Chair Exercise

Exercises are gentle and designed to start slowly and build gradually. The program is done seated and is for both men and women. Patterns are designed for those with limited mobility to help you develop strength, flexibility and endurance, as well as to promote better circulation. All movements are performed to music.

No class 5/30. 9 weeks.

#15227 Mon & Wed Apr 11-Jun 13
\$34(M)/\$42(N) 11:00 am-12 noon Cristiano

Exercise Plus

This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including Tai Chi while listening to Eastern and Western music. 9 weeks.

#15229 Fri Apr 15-Jun 10
\$5(M)/\$8(N) 1:00 pm-2:00 pm Kao

BINGO

JOIN IN THE FUN



WEDNESDAY NIGHTS!

EARLY BIRD starts at 7 p.m. • **REGULAR GAMES** start at 7:30 p.m.
FREE hot dog, chips and coffee with admission. Plenty of free, well-lit parking.
AMPLE rest rooms. **ALL** proceeds support the Rockville Senior Center.
EVERYONE'S a winner when you play with us!

ROCKVILLE SENIOR CENTER

1150 Carnation Drive • Rockville, MD 20850 • Directions: 240-314-5019

Fitness Club

Get fit by working out in our state-of-the-art Fitness Room! We have Hammer Strength exercise equipment, electronic treadmills, stationary bikes, rowing machines, Stairmaster, elliptical trainers, and Health Rider. To join the Fitness Club, you must be a Senior Center member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. Note: There is an annual \$25 fee to use the Fitness Room payable when you renew your Center Membership. You must scan your membership card and wear a Fitness Club badge when using the room.

FOR FITNESS CLUB MEMBERS ONLY:

Monday through Friday 8:30 a.m.-4:50 p.m.
Saturday 8:30 a.m.-12:50 p.m.

Exercise Machine Training

Are you interested in becoming a Fitness Club member and learning how to use our exercise equipment? Instruction is offered by appointment. Register for the month desired and you will be contacted for an appointment time within the time frame indicated below. After training, scan your membership card at the information desk and wear a Fitness Club badge each time to use the Fitness Room at your convenience. Ongoing.

#15230 Mon & Wed Apr 4-Jul 20
\$23(M) 10:00 am-4:50 pm Klopfer

Game Room

Pool tables, table tennis table and dart board are available daily at the Rockville Senior Center for your enjoyment. Practice games, clinics, instruction and tournaments are periodically set up for your participation. Sign out keys for the equipment in the office.

FOR SENIOR CENTER MEMBERS ONLY: Mon-Fri: 8:30 a.m.-4:50 p.m. Sat: 8:30 a.m.-12:50 p.m.

Table tennis is available at Twinbrook Community Recreation Center on Wednesdays from 9-10 a.m.

Pool Tournament

#15232 Thu Apr 7
No fees 10:00 am-11:00 am Cristiano

Bocce Tournament

#15284 Thu May 19
No fees 10:00 am-11:00 am Cristiano

Instructional Golf Clinic

Instructor for beginner and intermediate golfers will concentrate on the fundamentals of golf which include the swing, grip, stance and posture. An introduction to the short game, chipping, putting and a discussion of rules and etiquette will be included. Clubs provided if needed. First class will meet for one hour.

#15282 Fri May 6-27
\$26(M)/\$32(N) 10:00 am-12 noon Reilly

Intermediate Table Tennis

This session of table tennis is for those who have completed the beginner course and those who have had experience playing. Not only is it fun to play but the game also aids in dexterity, flexibility, coordination and reflexes. Paddles and balls will be available.

6 weeks.
#15233 Tue Apr 12-May 17
\$20(M)/\$25(N) 10:00 am-10:55 am Shinn

Line Dancing - Beg./Int.

Put on your dancin' shoes and join our line in this wholesome form of exercise and fun! Our instructor teaches a variety of line dances for beginners and intermediates so you can learn at your own pace. This is a no-partner activity for men and women.

6 weeks.
#15234 Wed Apr 13-May 18
\$22(M)/\$27(N) 10:10 am-10:55 am Staub

Newcomb Volleyball

Have fun and get fit at the same time. Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. This co-rec activity is fun and easy for all seniors to play. Beginners, as well as experienced players, are welcome. Coach 'Bernie' Shannon will help keep you in shape. Volleyball is located at Twinbrook Community Recreation Center.

Ongoing.
#15235 Wed & Fri Mar 30-Jul 15
No fees 10:00 am-11:00 am Shannon

Rockville Senior Center Health Fair

Wednesday, May 25

11 a.m.- 2 p.m.

Personal Trainer

An AFAA certified personal trainer will evaluate your needs and design an individualized program for you using the Hammer Strength machines as well as other equipment. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: You already must have been trained on the equipment. (See Exercise Machine Training.) FOR FITNESS CLUB MEMBERS ONLY.

1 One-Hour Session

Ongoing.

#15236 Mon & Wed Apr 4-Jul 20
\$35(M) 9:00 am-4:50 pm Klopfer

2 One-Hour Sessions

Ongoing.

#15237 Mon, Wed Apr 4-Jul 20
\$58(M) 1:00 pm-5:00 pm Klopfer

Rockville Senior Riders

Join a fun bunch of senior bicyclists on casual bike rides in the area and recapture your youth. If you have not ridden a bike recently, we can help you. We will start with the basics and provide individual help with your skills. We will assure that you are fitted properly and then will teach you simple maintenance procedures. A limited number of bikes are available for those without them. Call 240-314-8822 to make arrangements. Helmets required.

#15283 Tue May 3-Jun 7
\$10(M)/\$13(N) 10:00 am-11:00 am Staub

Senior Co-Rec Softball Team

Our Rockville team competes with other senior teams in the Montgomery County Senior Softball League. Games are held on Wed. mornings. Check Senior Center calendar for games and times. Come out and cheer for us. For more information call 240-314-8822.

Ongoing.

#15280 Wed Mar 23-Jul 27
No fees 9:00 am-11:00 am Staub

Senior Duffers

Enjoy a fun-filled season of great golf. Play is arranged at local golf course with a tournament scheduled once a month. All levels of ability are invited to join. However, this is not a teaching activity. All who wish to participate must register. Both 9 hole and 18 hole play are available. An organizational meeting will be held at the Senior Center on April 4 at 1:30 p.m. in the Azalea Room.

No class 5/30. Ongoing.

#15279 Mon Apr 25-Sep 5
\$17(M)/\$21(N) 8:00 am-1:00 pm Staub

Senior Fit

Improve your health and become more independent with the help of an experienced exercise physiologist. The class is sponsored by Holy Cross Hospital and Kaiser Permanente and includes periodic fitness assessments and health education. Note: New participants must register and must have a signed doctor's certificate before beginning. Forms are available in front office.

No class 5/30. Ongoing.

#15267 Mon & Wed Mar 28-Jul 13
No fees 1:30 pm-2:15 pm Yirenkyi

No class 5/30. Ongoing.

#15268 Mon & Wed Mar 28-Jul 13
No fees 2:20 pm-3:05 pm Yirenkyi

Senior Pilates

This class is a modified, gentler version designed for the senior participant. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Note: Wear comfortable clothes.

6 weeks.

#15269 Tue Apr 12-May 17
\$30(M)/\$38(N) 2:00 pm-2:45 pm Klopfer

Senior T'ai Chi Ch'uan

This physical exercise program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers a relaxation technique, breathing routine and range-of-motion routine. Class will include T'ai Chi Chi'-Kung and simplified 24 movements of T'ai Chi Ch'uan. Both are easy to learn. Must be a member of the Rockville Senior Center.

9 weeks.

#15271 Tue & Thu Apr 12-Jun 9
No fees 10:00 am-10:50 am Tuanmu

Soft Aerobics

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain.

9 weeks.

#15272 Tue & Thu Apr 12-Jun 9
\$34(M)/\$42(N) 11:00 am-12 noon Staub

Team Treasure Hunt

Join us for this exciting activity involving teams in search of a treasure. Clues will be given to each team as they successfully accomplish skills and tasks, then proceed to the next event. Approximately 1 mile of walking will be involved. Prizes will be awarded.

#15285 Mon May 9
\$10(M)/\$13(N) 10:00 am-12 noon Staub

Ten Pin Rockin' Rollers

When is the last time someone cheered for you? Strike up a friendship with us! You will have a ball with this social league. New members are welcome; all members need to register. The weekly \$5.50 fee is payable directly to Shady Grove Fairlanes the day of play and includes three games and shoe rental. Bowling is at Shady Grove Fairlanes, 15720 Shady Grove Rd.

Ongoing.
#15274 Thu Mar 31-Jul 14
No fees 1:00 pm-3:00 pm Jaques

The New Attitudes

This is a spin-off group from the Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

9 weeks.
#15275 Thu Apr 21-Jun 16
No fees 12 noon-12:30 pm Staub

Toning Table Training

Training is required to use the toning tables located in the Fitness Room. Instruction is offered by appointment. Register for the month desired and you will be contacted for an appointment time. Bring a towel and wear long pants and socks. Note: You must join the Fitness Club to use the tables. (\$25. fee due when your Senior Center membership is due.) Scan your membership card each day and wear a Fitness Club badge when using the tables.

Ongoing.
#15276 Mon, Wed & Thu Mar 28-Jul 14
\$8(M) 10:00 am-11:00 am Cristiano

Yoga

Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

9 weeks.
#15278 Fri Apr 15-Jun 10
\$36(M)/\$44(N) 9:50 am-10:50 am Figlure

Senior Health & Wellness

All classes will be held at the Rockville Senior Center unless otherwise noted.

Balance and Fall Assessment

A Physical Therapist from Suburban Hospital will talk about ways to prevent falls which are a leading cause of injury and debilitation in the senior population. He will discuss diagnostic equipment used for assessment and rehabilitation of various balance disorders like vertigo, multiple sclerosis and Parkinson's Disease.

#15486 Mon May 9
No fees 1:00 pm-2:00 pm

Dental Hygiene & Oral Cancer Screenings

Learn the signs of oral cancer and the proper techniques to maintain good oral hygiene. Oral cancer screening will follow. Presented by Dr. Peter Tong, D.D.S.

#15489 Tue May 3
No fees 1:00 pm-2:00 pm

Diseases of the Aging Eye

Macular degeneration, diabetic retinopathy, glaucoma and cataracts are common eye problems, frequently seen in seniors. Dr. David Parver, a retinologist, will briefly describe these problems, their etiology, diagnosis and treatment. There are several new treatments for macular degeneration and a variety of visual aids to help you deal with these conditions.

#15349 Thu May 19
No fees 1:00 pm-2:00 pm

Counseling & Support for Spanish Speakers

Do you feel lonely, sad, or depressed? Join our drop-in group and discuss topics of interest to you. This program will meet on the 4th Wed. each month and will be in Spanish. Presented by Affiliated Sante' Group.

#15449 Wed Apr 27, May 25, Jun 22
No fees 1:00 pm-2:00 pm

Help For Your Hearing

This six-week class will teach you about hearing loss, new hearing aids and devices to help with special listening problems and situations, how to use your eyes and ears to improve communication and how to cope with difficult communication situations. Taught by the University of Maryland Speech and Hearing Clinic. Fee: \$40 payable to the U. of MD at first class. Note: No class 3/24.

#15422 Thu Mar 10-Apr 21 1:30 pm-3:30 pm

Is Your Voice Changing?

Dr. John Casler of the Washington ENT Group will discuss a variety of voice problems that can be related to growing older as well as common conditions that can affect the larynx. Throat pain and changes in pitch may occur, but what do they mean? When do you need to see your family physician and when do you need to see a specialist?

#15348 Thu Apr 21
No fees 1:00 pm-2:00 pm

Skin Rejuvenation

Cosmetic procedures and treatments for sun damaged and aging skin will be discussed. Learn about topical products including vitamin C, Retin A, green tea, sunscreen, collagen and restylane, Botox, microdermabrasion and the Thermage radiofrequency skin tightening procedure. Lauren Barber, make-up artist, will be here with lots of tips! Presented by Drs. Ford & Liatta, Dermatologists.

#15509 Wed May 11
No fees 1:00 pm-3:00 pm

Why Joint Replacements Are Totally Hip

Join members of Suburban Hospital's joint replacement team who will help you identify ways to deal with the pain, swelling and stiffness that frequently accompany arthritis and injuries. They will discuss physical therapy modifications as well as introduce you to some new techniques and minimally invasive surgeries.

#15350 Thu Jun 16
No fees 1:00 pm-2:00 pm

Hints for the Memory Challenged

Laughing through the inconvenience of forgetfulness is a challenge. Get tips to help you through this memory maze. We'll look at vitamin supplements and natural remedies, and the effect of medications. Presented by Jewell Elizabeth Golden, LCSW-C and Ralph Golden, Physiologist.

#15478 Thu May 19
No fees 10:15 am-12 noon

Senior Recreation

All classes will be held at the Rockville Senior Center unless otherwise noted.

Annual Senior May Gala

Enjoy an evening of dinner, dancing and entertainment at the Gaithersburg Marriott Washingtonian Center! The Dale Jarrett Trio will be our headline entertainment with performances by the New Attitudes and the grand finale with the Carnation Players. Note: On the registration form, indicate entrée choice of salmon or flank steak, and whether you will need bus transportation. If you wish to dine in a group, have one member of the group complete a seating request form, available at the Senior Center, and submit it by the registration deadline.

Register by: 4/11.
#15320 Thu May 5
\$36(M)/\$45(N) 5:45 pm-9:00 pm

Archaeology in Maryland **NEW**

Learn about the people who lived here for 12,000 years before us, and specifically about people who lived just down the street 700 years ago. Participants will learn to interpret the artifacts they left behind and how to dig a site scientifically. Presented by instructors from Montgomery College who would like to form a group of Rockville Senior archaeology volunteers. Registration accepted upon receipt of guide.

3 weeks.
#15487 Fri Mar 4, 11 & 18
No fees 12:30 pm-2:30 pm

Birthday and Anniversary Parties

Mark your calendar! Celebrate spring birthdays and anniversaries with great entertainment and light refreshments. Register one week prior to each party.

April & May Birthday Party

Sponsored by: Edward Jones Investment and Marge Carter
Entertainment by: The Grady Bunch
#15479 Wed Apr 6
No fees 1:30 pm-3:00 pm

June Birthday and Anniversary Party

Sponsored by: This Could Be You!
Entertainment by: The Piano Man-Jerry Roman
#15480 Wed Jun 1
No fees 1:30 pm-3:00 pm

Carefree Healthy Cooking

Join Alana Sugar, certified nutritionist, for a cooking class with a focus on simple, tasty, nutritional meals that promote good health, good fiber and low sugar. You won't want to miss this yummy program. Recipes and samples included.

Register by: March 22.

#15415 Tue Apr 5
\$30(M)/\$38(N) 10:00 am-12 noon Sugar

Carnation Players Star Search

If you have a flare for theatrics, can sing, play an instrument, help write a script, create costumes or help on the set, the Carnation Players need you. You may have a hidden talent and just need to be discovered.

Register by: 3/1

#15529 Tue Mar 1-Apr 26
No fees 3:00 pm-4:00 pm Beck

Community Corner - This is the Army

Come to our newest series featuring area residents who have fascinating stories to share. Sy Greene and his trombone traveled with Irving Berlin for three years all over the world, and he was in the movie 'This is the Army'. Come hear about his experiences during this historic era.

Register by: March 25.

#15414 Fri Apr 8
No fees 10:30 am-11:30 am

Donna Dewberry One Stroke Painting

Participants will learn this very popular and easy painting technique taught by a certified 'One Stroke' Instructor. We will use acrylic paints to create a terra cotta flower pot with 'one stroke' flowers and leaves. Bring an apron or old shirt to protect clothing. Participants will take home the finished project plus all brushes, extra paint, instructions and patterns used in class. Future classes and projects will be discussed.

Register by: 4/6.

#15321 Tue Apr 26
\$35(M)/\$45(N) 10:00 am-12:45 pm

Genealogy: Family Trees & the Internet

Family History Centers provide genealogical research and a Web site containing valuable family history data. Learn how to get the most out of these two resources. After collecting your research, learn how to organize the results. Also, learn how to evaluate the evidence you have collected.

Register by: 4/26. 2 sessions.

#13539 Tue & Thu May 10 & 12
\$12(M)/\$15(N) 10:00 am-12 noon

Group Piano

Lessons offered at different levels teach the fundamentals of rhythm, theory, and note reading of piano music. Pianos are available for each lesson, and for practice by checking with the Center office in advance. Note: Prerequisite for all classes is completion of the Winter '05 session.

Advanced Intermediate

Register by: 3/22. 7 weeks.

#13536 Tue Apr 5-May 17
\$60(M)/\$75(N) 10:15 am-11:15 am Butenhoff

Elementary

Register by: 3/22. 7 weeks.

#13537 Tue Apr 5-May 17
\$60(M)/\$75(N) 11:15 am-12:15 pm Butenhoff

Beginner

Register by: 3/21. 7 weeks.

#13538 Mon Apr 4-May 16
\$60(M)/\$75(N) 10:15 am-11:15 am Butenhoff

Hand Painted Glassware - Spring Florals

Choose from various glassware pieces and learn to paint beautiful floral designs, grapes on vines, and more. Examples will be shown and instruction provided. Take your finished products home to bake and enjoy for years to come. Note: A \$15 material fee, made payable to the instructor, will be due the first class.

Register by: 4/6.

#15322 Wed Apr 20
\$8(M)/\$10(N) 10:15 am-12:15 pm Pasquariello

Hand Painted Glassware-Springtime Fruit

This is a two day class where you will paint a pitcher/glass set or a fruit bowl/dessert cup set. Learn to paint lemons, limes, strawberries, cherries, etc. Examples will be shown and instruction will be provided. Take your finished products home to bake and enjoy. Note: A \$25 material fee, made payable to the instructor, will be due the first class.

Register by: 5/3. Two sessions.

#15323 Tue & Wed May 17 & 18
\$10(M)/\$15(N) 10:15 am-12:15 pm Pasquariello

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

How's the Chesapeake Bay Doing?

The Chesapeake Bay is listed among the nation's 'impaired waters' because too much nitrogen and phosphorus pollute the entire Bay ecosystem. Learn why the Bay's health remains dangerously out of balance and what is being done to turn it around. Learn how you can help.

Register by: 5/6.

#13521 Mon May 16
No fees 10:15 am-11:15 am

Introduction to Ceramics **NEW**

First attend a pre-class meeting on Wednesday, May 4 at 10:30 am. See samples and select two projects! In class learn how to clean ceramics, underglaze, paint with acrylic stains, and apply glaze. Note: A \$10 per class fee, payable to the instructor, is required for greenware, firings and all supplies.

Register by: April 27. 5 weeks.

#15413 Wed May 11-Jun 1
\$5(M)/\$8(N) 10:30 am-12:30 pm Klimkiewicz

Journaling for Wellness **NEW**

Our daily experiences mold our lives. Our response to world affairs, family matters and personal issues create the experiences of our lives. Journaling, writing out our personal thoughts and beliefs about the daily things of life, gives us a chance to evaluate and make choices. Journaling helps us express ourselves while contributing to our overall well-being. Come learn and evaluate your choices with us!

Register by: 4/4. 2 weeks

#15412 Mon Apr 18 & 25
\$10(M)/\$15(N) 11:00 am-12 noon

National Archives - An Introduction

The National Archives collect, preserve and make available the fascinating records documenting more than 200 years of American experience. They include the original Charters of Freedom: the Declaration of Independence, the Constitution, and the Bill of Rights. More than 8 billion pieces of paper from the executive, legislative, and judicial branches of the Federal Government are stored in the Archives' 34 facilities.

Register by: 4/5.

#15324 Tue Apr 19
No fees 10:15 am-11:15 am

Piecemakers' Club

Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

Register by: 3/28. 7 weeks.

#13535 Mon Apr 11-May 23
\$8(M)/\$10(N) 12:45 pm-2:45 pm

Preparing Your Spring Garden **NEW**

Come listen to Bob McDowell, Master Gardener, as he teaches you how to prepare your spring garden. You will learn what plants to include in your spring garden and how to keep the deer from munching on your flowers. A question and answer period will follow the talk so be prepared.

Register by: 3/21

#15527 Mon Apr 4
No fees 10:30 am-12 noon

Quilting: Beginner Applique **NEW**

Do not fear applique. Several methods will be taught, one of which will be just right for you. You can do it, we promise. Note: A \$10 material fee, payable to the instructor at the first class.

Register by: 3/23. 2 weeks

#15325 Wed Apr 6 & 13
\$10(M)/\$15(N) 10:00 am-12 noon

Quilting: From Blocks to a Quilt

You've made your blocks and now it's time to turn them into a quilt. Settings, sashing, corner stones, borders, mitering, layering, quilting and binding will be taught. You'll be amazed at what you create. Note: \$10 material fee made payable to instructor at class.

Register by: 4/13. 3 weeks.

#15326 Wed April 27, May 4 & 11
\$15(M)/\$18(N) 10:00 am-12 noon

Savory Salads in a Shell **NEW**

Make your summer luncheon table sparkle with salads served in a natural shell. Sample fruited chicken in avocado, artichoke stuffed tomatoes, ham and sweet potato cups, fresh strawberry puffs, and more.

Register by: April 25.

#15440 Thu May 12
\$26(M)/\$32(N) 10:00 am-12 noon Beck

Side Dishes for a Cookout **NEW**

Turn an ordinary barbecue of hamburger or steaks into a memorable event with some spectacular side dishes. Enjoy a picnic pasta salad, spicy cheese olive bread, old fashioned slaw, corn and tomato casserole, shrimp curried eggs, melon melange and more.

Register by: May 16.

#15441 Thu Jun 2
\$26(M)/\$32(N) 10:00 am-12 noon Beck

Senior Singers **NEW**

Like to sing and eager to meet others? Join our volunteer leaders, Teresa Harn and Mary Phfong, for a high spirited afternoon of music. All types of music will be incorporated. No experience is needed.

Register by: 3/31. 6 weeks.

#15530 Thu Apr 14-May 19
No fees 1:00 pm-2:00 pm

Watercolor - Advanced

Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered. Come enhance your skills in a comfortable and nurturing atmosphere.

Register by: 4/7. 6 weeks

#13509 Thu Apr 21-May 26
\$48(M)/\$60(N) 10:00 am-12 noon Ely

Watercolor - Beginning

In this introduction to watercolor painting, participants will learn basic techniques, color mixing, and brushwork. Value studies, composition, and experimental approaches will be explored. This class is designed for participants with no previous experience as well as those who would like more instruction before taking the advanced class. Note: A \$6 material fee, made payable to the instructor, will be due the first class to cover supplies for new students.

Register by: 4/5. 6 weeks.

#13510 Tue Apr 19-May 24
\$48(M)/\$60(N) 1:00 pm-3:00 pm Ely

Wild About Wildflowers

The mid-Atlantic region harbors a wealth of different habitats ranging from wetlands, to woodlands, to open spaces and rock outcrops, all which create a diverse array of wildflowers. Enjoy a slide show of beautiful local flowers and plant wildflower seeds in pots to grow on your windowsill.

Register by: March 4

#15516 Fri Mar 11
\$5(M)/\$8(N) 10:30 am-12 noon

Senior Special Interest Classes

All classes will be held at the Rockville Senior Center unless otherwise noted.

English Classes

English classes are available for seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Classes include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability. Note: STUDENTS MUST REGISTER IN PERSON ON WEDNESDAY, MARCH 23 at 10:30 a.m. Classes begin the week of April 11 and end the week of June 13.

Level I

#15472 Mon & Wed Apr 11 - Jun 15
\$10(M)/\$13(N) 10:15 am-11:15 am

Level II

#15473 Mon Apr 11 - Jun 13
\$10(M)/\$13(N) 10:00 am-12 noon

Level III

#15474 Tue Apr 12 - Jun 14
\$10(M)/\$13(N) 10:00 am-12 noon

Level IV

#15475 Wed Apr 13 - Jun 15
\$10(M)/\$13(N) 10:00 am-12 noon

English/Chinese Discussion Group

Practice your English skills while discussing current events. This class is held in Chinese and English although all are welcome.

#15448 Fri Apr 15-Jun 17
\$10(M)/\$13(N) 10:00 am-11:30 am

Investing In A Challenging Market

The Stock Market has gone up and down and you are looking for answers, or just a little guidance. We will try to explain what has happened, what we believe lies ahead and how you can protect yourself and improve your position to reach your retirement goals in spite of the recent volatility. Presented by Liz Lomicka, Principal Financial Group.

#15506 Tue Apr 19
No fees 10:00 am-12 noon

Medicare: The Next Phase

Prepare yourself for the Medicare changes coming in 2006. Find out what you need to know before it is too late. Presented by Leta Blank, Program Coordinator, Senior Health Insurance Assistance Program.

#15507 Wed Apr 13
No Fee 10:00 am-12 noon

Senior Citizen Police Academy

Come and join City of Rockville police officers as they educate seniors on the following topics: the police role in the community, background and hiring, overview of judicial system, crimes against the elderly, use of the 911 system, motor vehicle law/accidents, home security/personal safety, elder abuse, special opps/search & seizure, illegal drug recognition and police community services. Graduation at the end of the series includes a T-shirt. Register by: 3/9

#15327 Wed Mar 16-Apr 20
No fees 1:00 am-3:00 am

Senior Estate Planning

This informative seminar will cover federal and Maryland estate taxes, living trusts, powers of attorney, and Medicaid planning. Presented by Richard O'Connor, J. D. Tax Manager.

#15419 Tue May 17
No fees 10:00 am-12 noon

Spanish Reading & Writing IV

Reading and writing activities will improve your vocabulary. This course will review grammar and provide time to practice your conversation skills. You will continue working with the book 'Learn Spanish the Fun & Easy Way.' Note: \$14 for book, payable to instructor.

#15481 Tue & Thu Apr 5-May 5
\$40(M)/\$45(N) 1:00 pm-3:00 pm Vera

Citizenship Class

If you have been a U.S. resident for four years nine months and would like to become a citizen, sign-up for this class. Baltimore City Community College and the Maryland Office of New Americans offer instruction in English, communication and preparation for the I.N.S. Naturalization interview. For information call 410-986-5457 or 240-314-8810. In person registration will be held the first day of class. Priority will be given to seniors and members of the Rockville Senior Center.

#15558 Mon & Wed Apr 4-May 4
No fees 12:30 pm-2:30 pm



Red Gate
Golf Course

240-314-8730

RESERVATION POLICY:

1. Reservations are taken 14 days in advance.
All reservations are for 18 holes only.
2. We reserve every other tee time. Walk-ins are welcome.
3. To reserve a tee time through the internet:
www.rockvillemd.gov and click on RedGate.
4. To make a tee time by phone, call 240-314-8730 and press <3>.
5. On the day of play, phone after 9 a.m. to reserve an 18 hole tee time. A Visa or Master Card is required.
6. To cancel a tee time or reduce the number of players, a two hour notice is required in order not to be charged.
7. Reserved times for 18 holes are taken only for twosomes, threesomes and foursomes.

REDGATE GREENS FEES:

9 HOLES:

9 Holes, Mon-Thurs	\$19.00
9 Holes Resident, Mon-Thurs	\$17.00
9 Holes - Fri/Sat/Sun/Holidays	\$23.00
9 Holes - Residents, Fri/Sat/Sun/Holidays	\$20.50

Juniors and Seniors

Juniors - 9 Holes, Mon-Fri	\$15.00
Juniors - 9 Holes Resident, Mon-Fri	\$13.00
Seniors - 9 Holes, Mon-Fri	\$16.00
Seniors - 9 Holes Resident, Mon-Fri	\$14.00

18 HOLES:

18 Holes, Mon-Thurs	\$31.00
18 Holes Resident, Mon-Thurs	\$28.00
18 Holes - Fri/Sat/Sun/Holidays	\$38.00
18 Holes - Residents, Fri/Sat/Sun/Holidays	\$34.00

Juniors and Seniors

Juniors - 18 Holes, Mon-Fri	\$24.00
Juniors - 18 Holes Resident, Mon-Fri	\$23.00
Seniors - 18 Holes, Mon-Fri	\$26.00
Seniors - 18 Holes, Residents, Mon-Fri	\$25.00

Cart Fees:

9 Holes: \$9.50 - 1 person	\$19.00 - 2 people
18 Holes: \$14.00 - 1 person	\$28.00 - 2 people

Multiple Play Card 2005

7 Day Card:	Resident \$340	Nonresident \$380
Mon-Thurs Card:	Resident \$280	Nonresident \$310

Juniors and Seniors may use their card on Monday-Friday

SENIOR CENTER TRIPS

REGISTRATION PROCEDURE FOR ALL TRIPS:

To continue to provide fair policies to manage the increasing participation in Senior Trips, an **In-Person Lottery Registration** will be held on **Wednesday, March 16**, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 and 10:30 a.m., with numbers called in random order starting at 10:30 a.m. Registrations will be accepted at the Senior Center ONLY. **Mail-in or walk-in registrations** will be accepted at the Senior Center on **Friday, March 18**, on a space-available basis. Note: Individuals may register for themselves and for **ONE OTHER INDIVIDUAL**. The cost listed as member/nonmember is the registration fee, payable the day of registration. Senior Center membership dues must be current through start of course to receive member fee. List your departure point on the designated transportation space.

Trip Departure/Return Information

Departure/return locations for all trips are:

- **For those who need parking:** Glenview Mansion Complex, Lower Lot
- **For those residing in the building and/or complex:** The bus will not stop at these points unless residents from the respective buildings are registered for the trip:

- 90 Monroe St.
- 199 Rollins Ave.

Specific departure times will be available at trip registration on March 16.



Senior Day Trips

Spirit Cruise - It's Cherry Blossom Time

Let's celebrate the Cherry Blossom season and the coming of Spring as we meander down the Potomac River on the Spirit Cruise Line. Enjoy music and lunch and a beautiful D.C. day. Cost includes leadership, lunch, cruise and transportation.

#15451 Tue Apr 12 10:00 am-3:30 pm
\$53(M)\$64(N) Depart from: GM

Allenberry - Smoke On The Mountain

The perfect spring day in Pennsylvania begins with a stop at Ashcombe Farm Market and Greenhouse. Then we're off to Allenberry Inn and Playhouse for a delicious buffet lunch followed by the opening performance of 'Smoke On The Mountain.' This musical, set in the 1930's, introduces us to the Sanders Family who perform at the Mt. Pleasant Baptist Church. This show is full of humor and inspiration-and one you will want to see! Cost includes leadership, lunch, show and transportation.

#15453 Wed Apr 27 8:00 am-6:30 pm
\$80(M)\$100(N) Depart from: GM

Leesburg Outlets

Shop till you drop! Let's cross the river to the Leesburg Corner Premium Outlets for a day of shopping. Lunch will be on your own in the food court. We'll be greeted at the Visitor's Center to receive a map and coupon book. Cost includes transportation by Senior Center bus and leadership.

#15540 Tue May 10 9:00 am-3:00 pm
\$17(M)\$22(N) Depart from: GM

Frederick Keys Game

'Play Ball!' It is time for our annual trip to Frederick to watch minor league baseball at its best. See future Baltimore Orioles gain professional experience in a smaller, more intimate stadium as they play the Myrtle Beach Pelicans team. The cost includes box seat tickets and transportation. Bring money for hot dogs and peanuts.

#15328 Tue May 17 4:50 pm-11:00 pm
\$20(M)\$23(N) Depart from: SC

Maryland Zoo In Baltimore

Wild things are happening in Baltimore! Explore unseen territory as we head for the Zoo for the very first time. Our docent lead morning tour begins after a tram ride into the valley of the Zoo. Lunch is on your own at one of many locations and there will be free time for further exploration where the wild things are. The cost includes leadership, tour, admission and transportation.

#15455 Mon May 23 9:00 am-4:00 pm
\$45(M)/\$55(N) Depart from: GM

Search for Spring Babies Walk

Spring is for babies-tadpoles, deer, foxes, groundhogs, birds and a whole host of other wildlife. Although the grounds are only 150 acres, Croydon Creek is a great place to look for babies since the woods and fields abut right up to Rock Creek. Join us for a stroll through the woods to look for the babes of spring, and spring wildflowers. After the hike, you are welcome to join us for a behind the scenes tour of the Nature Center. Note: We will meet at Croydon Creek Nature Center.

If you need transportation to the Nature Center, call 240-314-8810.

#15410 Thu May 26 10:30 am-11:30 am
\$10(M)/\$13(N)

Governor's Mansion & Maryland State House

Join us for our first visit to the Governor's Mansion for a tour and then we'll go across the street to the State House to meet with our Senator Jennie Forehand. After our tours we're headed to the City Dock area to enjoy the rest of the afternoon. Lunch will be on your own at any number of fine restaurants/eateries. You will have time to shop, relax by the harbor and enjoy the day in Annapolis. Note: This trip has extensive walking on many uneven surfaces so wear comfortable shoes. A photo ID is required. The cost includes leadership, two tours and transportation.

#15488 Wed Jun 8 9:00 am-4:00 pm
\$32(M)/\$40(N) Depart from: GM

The Lion King

Finally, the show we've been waiting to see! The Lion King is coming to the Hippodrome Theatre in Baltimore. The entire African savannah comes to life as birds swoop, giraffes strut and gazelle's leap across the stage. With an outstanding musical score, this visually stunning show is not to be missed. A light box supper is included. Cost includes leadership, ticket, transportation and meal. Note: A deposit of \$60 due at trip registration, balance due June 30.

#15465 Tue Aug 9 6:00 pm-12 midnight
\$125(M)/\$155(N) Depart from: GM

Senior Overnight Trips

Ocean City Boardwalk and Beyond

Capture an ocean memory. It's the perfect time to visit the beach without the summer crowds. Our hotel is located on the boardwalk so you can stroll at your convenience. We will have an escorted tour of Assateague National Seashore and Berlin, MD, stop in Rehoboth Beach to shop at tax free outlets, try our luck at the slots and take a boat ride around Ocean City. All are included in your package as well as; 3 nights lodging, 3 breakfasts, 3 dinners, taxes, luggage handling, transportation and leadership. Golf is available on a pay as you play basis. Cost is per person double occupancy. (Single and triple rates are available.)

Note: A \$100 deposit is due with registration.

#15411 Tue-Fri May 31-Jun 3 9:00 am-4:00 pm
\$398(M)/\$497(N) Depart from: GM



ROCKVILLE MUNICIPAL SWIM CENTER

A year-round complete aquatic center located at 355 Martins Lane

The Indoor Facilities include:

- two pools; one with a gently sloping ramp
- at least 4 lap lanes available during recreational swim
- two exercise rooms providing small and large weights, universal gym, "Life Fitness" machines, and more
- 15-person whirlpool
- men's and women's saunas
- climate-controlled locker rooms

**For more information,
call 240-314-8750.**